



SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Newsletter

As always—thank you for your support in helping us to ensure your child/ren achieve their very best, are safe and happy. There has been excellent improvement for many children with their attendance. We have been lucky enough to see all seasons this week from rain, hail, sun to snow.



PIC-COLLAGE



DATES TO REMEMBER:

17TH MARCH—
YEAR 6 CRUCIAL
CREW

29TH MARCH
PARENTS
EVENING

17TH MARCH
YEAR 6—
CRUCIAL CREW

21ST MARCH—
POETRY SLAM
PERFORMANCE

24TH MARCH—
RECEPTION
CLASS
ASSEMBLY

4TH APRIL
WHOLE SCHOOL
CAFOD WALK-
WEAR GREEN

APRIL 5TH & 6TH
INSET DAYS—
CHILDREN NOT
IN SCHOOL

APRIL 7TH
EASTER HOLIDAY
STARTS

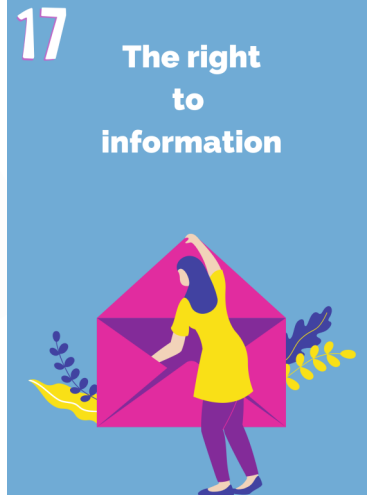


10.03.2023

Head Teacher - Mrs J. McCallum
admin@sacredheart.liverpool.sch.uk
www.sacredheartliverpool.school

UN Rights of the Child

Article 17



You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Whole School Attendance

Sept—10th March

=91.24%

Year 5—94%

Year 2—93.98%

Year 4—

Year 6—91.68%

Year 3—91.38

Rec 91.28%

Year 1—90.71%

Well done to the following class attendance THIS week for

Year 5—97.7%
Reception 96.1%





Class of the week—Year 1

We have had another great week of learning and growing together. Here are some of our highlights from the week. At the start of the week, we celebrated Careers day, and had visits from Fr Fitz, Dr Esther and Sue from KFCC. The children were fascinated to hear about what they do!

Having loved learning all about The Great Fire of London, this half term, we have started to explore the Victorian Age. We have compared what schools were like compared to Sacred Heart, and have looked at some toys from the past.

In Science, we have been looking at the four seasons of the year. We have described what weather we associate with each season and have explored length of day and night in Winter and then in Summer. For R.E we have been learning about Islam and listened to stories about the Prophet Muhammed.

In maths this week we have been bar models and whole part models in order to partition large numbers. We have also used the models to create addition and subtraction number sentences. This half term, our story in English is The Curious Case of the Missing Mammoth. We love this story every living thing has come to live in the museum! We are now starting to plan our own story based on the book. You'll have look at our twitter page next week to watch the stories develop.



National Safer Sleep week, starts from Monday 13

1 Background

Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected and unexplained death of an apparently healthy infant. The 'Back to Sleep' campaign in 1991 saw SIDS cases in England and Wales fall by two thirds. In the UK there are still just less than **200 babies** who die from SIDS each year.

7 Professional Resources

1. <https://www.lullabytrust.org.uk/professionals/>
2. <https://www.lullabytrust.org.uk/professionals/statistics-on-sids/>
3. Postnatal care. <https://www.nice.org.uk/guidance/ng194/chapter/Recommendations>
4. <https://www.unicef.org/babyfriendly/wp-content/uploads/sites/2/2016/07/Co-sleeping-and-SIDS-A-Guide-for-Health-Professionals.pdf>

6 Questions to Consider

- Do we routinely ask about sleeping arrangements and other carer givers?
- Do we ask parents/carers (not just mothers) about alcohol, drugs, smoking and medication?
- Do we discuss infant safe sleep at each planned contact under the age of 12 months?
- Do we routinely ask the question where does your baby sleep during the day and at night?
- Do we routinely see where a baby is sleeping at night and offer advice?
- Do we check the room/s temperature and conditions?
- Are we aware of the current NICE, UNICEF, BASIS and local guidance re: infant safe sleep?

2. Why it Matters

Although the exact cause of SIDS is unknown, research has shown that certain maternal, infant and environmental factors are more commonly associated with babies who die of SIDS than those who survive. Co-sleeping remains a common feature particularly when another additional factor/s is present such as **alcohol/drugs, smoking, and co-sleeping on a sofa/chair**. Despite many new parents/carers saying that they will never sleep with their infant, evidence suggests that up to 70-80% of UK infants at some time have co-slept with a parent during the first three months of life.

According to the latest available figures, around **133 babies die each year in co-sleeping situations**, many of which will be in high risk circumstances. Co-sleeping on a sofa or armchair was the most prevalent risk, with **40%** of parents admitting to having done so and **25%** having done so more than once. An adult falling asleep on a sofa or armchair with a baby increases the risk of SIDS by **up to 50 times**.

Infants who are born preterm or of are of a low birth weight have been shown to have an increased susceptibility to SIDS as they have difficulty in regulating heart rate, breathing and temperature



5 Safe Sleep Advice

Universal Infant Safe Sleep Advice -The safest place for a baby to sleep at night is in their own Moses basket, crib or cot, placed at the side of the parental bed. Positioned on their back, with feet to foot of the crib/cot. In a room temperature of **16-20 degrees celsius**, wearing appropriate clothing, with head uncovered and outdoor clothing removed. In a **smoke, alcohol, drug free environment**. Appropriate cellular blankets should be used which can be added or removed according to temperature. Cot should be free from toys and pillows.

Bed-sharing may be planned or unplanned – eg, many breast feeding mothers chose to co-sleep for ease of breast feeding or may unintentionally fall asleep so it is important to have a parent-centred discussion on safety rather than advise never to bed-share.



3 Information

Although overnight infant caregiving is given mostly by mothers, fathers too are often involved in putting infants to sleep and soothing them after night time waking. A survey commissioned by the Lullaby Trust has found that **less than 1/3 of fathers** are being given information on the basic steps they can take to lower the risk of SIDS. UK data suggests that in 50% of the SIDS co sleep cases at least **90%** die in hazardous situations which are largely preventable. (PS, Sidebotham, P, Evason-Coombe, C, Edmonds, M, Heckstall-Smith, EM & Fleming, P 2009)

4 Inform Parents/Carers

Inform parents and carers that the association between co-sleeping and SIDS is greater with:

- **parental or carer recent alcohol consumption**
- **parental or carer drug use**
- **parental or carer smoking**
- **Low birth weight or premature infants**
- **Co sleeping on a chair or sofa**

Listen carefully and offer information appropriate to their needs. Always be inclusive of fathers in 'meaningful, open, non judgemental conversations' about safer sleep, including co-sleeping.

Infant Safe Sleep Resources:

1. <https://www.basisonline.org.uk/resources-for-parents/>
2. <https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>
3. <https://www.lullabytrust.org.uk/>

Monday

The ABCs of Safer Sleep



Always follow the ABC's of safe sleep

[Safer sleep for babies \(text free\) - YouTube](#)

Tuesday

#safersleep week During the cold winter months families may also be worried about keeping their baby warm enough, but it's important that babies are a comfortable temperature-not too hot or too cold · A room temperature of 16-20 degrees C is advised

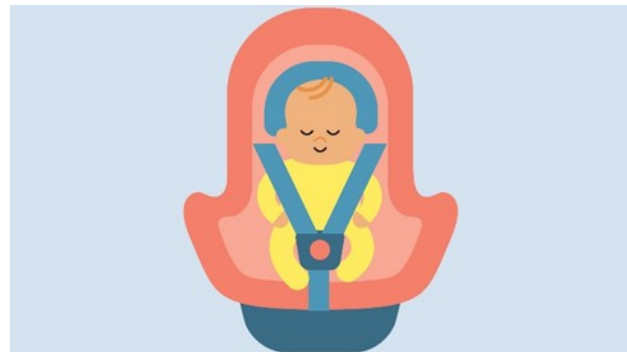


[What bedding does my baby need? - YouTube](#)

Wednesday

#safersleep week Visiting over the holidays ? Think ! Where is your baby going to sleep? Car seats keep babies safe while travelling, they are not a sleeping place. Young babies are at risk of breathing difficulties if upright in car seats for a long period of time.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/901091/DfE_Death_in_infancy_review.pdf



Thursday

#safersleep week Being a new dad is an amazing experience But it's also exhausting. It's something no-one can prepare you for. And at the end of a long day, there's nothing more satisfying than to collapse on the sofa. And that's where we need to stop you! More than 130 babies die in the UK every year as a result of unsafe sleeping.

[LiffTheBaby.org.uk - YouTube](#)

Friday

#safersleep week Smoking cigarettes during pregnancy or after birth can significantly increase the risk to your baby . Around 30% of sudden infant deaths could be avoided if mothers didn't smoke when they were pregnant. Taken together with the risks of smoking around a baby at home, this means that smoking could be linked to 60% of sudden infant deaths.

[Smoking during pregnancy or after birth increases the risk of SIDS - The Lullaby Trust](#)





Steve Morgan
FOUNDATION



DROP IN LIBRARY & HOMEWORK CLUB

(CHILDREN MUST BE ACCOMPANIED BY AN ADULT)

Contact : diana.bradley@kfca.co.uk

TUESDAYS

3.15PM – 4.45PM

(TERM TIMES ONLY, STARTING 1st MARCH at KFCA, HALL LANE, L7)

- Borrow Books
- Help with Homework
- School project Resources
- Reading Activities

